CERTIFICATE IN VIRTUAL WELLNESS PROGRAMMING

The use of virtual platforms in many professions related to health and wellness has dramatically increased in recent years. This undergraduate certificate program will provide students with a strong understanding of health and health behaviors, and they will gain the knowledge and skills to deliver health and wellness-related programming using a virtual format. Additionally, students will be able to identify differential challenges that persons of various identities face and determine how these challenges may best be overcome to lead healthier lifestyles.

Learn more about the Certificate in Virtual Wellness Programming on the Department of Health and Exercise Science website. (https://www.chhs.colostate.edu/hes/programs-and-degrees/certificate-in-virtual-wellness-programming/)

Requirements
Effective Fall 2022

Additional coursework may be required due to prerequisites.

Code	Title	Credits
HES 354	Theory of Health Behavior	3
HES 432	Virtual Coaching for Wellness	3
SPMT 314	Inclusive Sport Organizations	3
Program Total Credits:		**9**